



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232



Sandra Feegrade

My drive and passion is to enable people to get what they want from life. Early on I recognised this presented a challenge for some, to initiate change? This was the start of a curious journey to understand why.

For over 20 years' I have worked in a variety of community-based settings supporting adults, children and young people to effect change in their lives, always using a Person Centred approach. They may have experienced poor mental health, substance misuse, domestic and sexual violence, parenting difficulties and family breakdowns.

I am a Person Centred Therapeutic Counsellor

My aim is to facilitate the exploration of your thoughts, feelings and emotions which in time aids clarity and brings forth the answers you seek. I work alongside you in discovering the solutions that work best for you.

You can expect a warm and caring welcome coupled with peaceful environment affording you the time and space to unpack and discover the best way forward in your life.

In addition to my private practice I am a counsellor with a Rape Crisis Centre and work as part of a team on the Truth Project - the Independent Inquiry into Child Sex Abuse.

Experiencing trauma whether past or present can have a profound impact on every part of your daily life.

It can manifest through triggers, flashbacks, panic attacks, PTSD, dissociation and disrupted sleep routines. Seeking the right support is key to recovery.

I am a registered member of the British Association for Counselling and Psychotherapy (BACP). I work within their guidance of ethics, morals and principals to ensure you receive a safe and professional service.

Qualifications

CPCAB Diploma in Therapeutic Counselling – 2018

CPCAB Certificate in Counselling Studies – 2015

CPCAB Certificate in Counselling Skills – 2014

Certificate in Solution Focused Brief therapy

Certificate in Human Givens

Certificate in Rewind Therapy